SCIENTIFIC RESEARCH STUDIES AND EXPERIMENTS

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Without doubt spiritual applications are scientific in nature. Rishi literature describes in detail, Yajna methods, Yoga practices, meditation, Mantra Science etc and their influence on the body, mind and intellect and also warding off of gross and subtle diseases. If man makes apt use of these he can live a long life as mentioned in spiritual texts. Today Western Medical Science is indeed deeply studying mental and psycho-somatic diseases. And yet right since ancient times Yoga Sutras and other sacred literature have given their root cause and method of overcoming them. Spiritual Sciences opine that a sound mental balance and high stature thinking is not only required for material gains but that it is most required for advancement of man's spiritual arena and rendering man's physical and mental body sound and healthy. It is therefore that great Rishis of yore encouraged mankind vociferously to imbibe spiritual practices, healing methods and faith in God along with great thinking. All this comes under the umbrella of Soul Studies.

Actually spiritual practices were not meant for mere healing of diseases and illnesses. This is because at their root certain principles exist wherein the psyche was made powerful via awakening of subtle centers. Blooming vibrations of the psyche evolves our vision positively and directs our bodily actions in a wholesome manner. Without watering the roots of a tree it is futile to expect it to grow and give us luscious fruits, colorful flowers etc. Spiritual Sciences encompass Yoga practices, Yajna rites and Mantra Science for the all round health of mankind i.e. the body, mind and soul are nourished under their jurisdiction. Material Sciences have erred by focusing exclusively on the health and comfort of the physical body. Hence indirectly they ignored the uplifting of mankind's sacred sentiments at the soul level. As a result the world over, we are witnessing the horrifying scene of the downfall of human, spiritual and ethical values. Thus it goes without saying that along with physical well being the mind and soul too needs ample nourishment. Once our character and soul are made taintless man will experience infinite peace and bliss. The path of material and spiritual progress will be thrown wide open and amazing Divine Powers will be ours for the keeping.

Today's generation demands visible proof based on sound scientific research. If we fail to test Spiritual Principles with apt scientific experimentation people will continue to gaze at them atheistically. Today because our ancient spiritual sciences are looked upon skeptically man is forgoing all material and spiritual benefits attained by imbibing spiritual precepts. Hence Brahmavarchas Research Institute uses

very scientific modern technology and apparatus in its hi-fi laboratory. With its help we will give sound evidence to one and all which will then encourage world humanity to imbibe a spiritual vision via spiritual endeavors. This great responsibility of scientifically proving the priceless nature of Spiritual Sciences is being handed over to great modern scientists and gifted spiritual thinkers. We humbly request them to work in tandem and focus all their attention on this great task for the benefit of the entire world.

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By itself there are scores of research laboratories all over the world. Billions of dollars are used up to construct these well equipped research institutes. In them medical sciences and material sciences are researched into scientifically. Great scientists right from the discovery of penicillin to a test tube baby have persevered hard to serve mankind in an amazing manner. They have lived lives akin to that of great saints, sages and Rishis who were known for their penance and austerities. Many research papers have been published and many more will be published in future. Every scientist while taking up a research project accepts in his/her heart of hearts that theirs is a humble effort. They may face disappointment or attain their goal after undergoing many failed experiments. Thus each scientist like a sports person takes up scientific projects gamely. Scientific research is nothing but a spiritual endeavor. Their underling aim is nothing but service to world humanity/beings. But alas that seriousness and focus shown towards research of material science was not shown towards proving the scientific nature of spiritual principles by modern day scientists. It serves no purpose by either eulogizing or demeaning spiritual precepts in a superficial manner. It is hence that Brahmavarchas Research Institute took up this onerous task of testing ancient spiritual tenets in well equipped scientific research laboratories. We have realized that without giving scientific proof of the great importance of spirituality no one in this modern age of information technology is going to imbibe it. Thus the world will miss at their own peril great spiritual principles that can uplift world humanity both materially and spiritually.

Within this realm stray and scattered efforts have been made. Special emphasis has been laid on Parapsychology. In the western world the scientific basis of Extrasensory Potential (ESP) hearing sounds from great distances, seeing things at great distances etc is being researched into on a very gigantic scale. If the aim is merely idle curiosity the principle can never be understood deeply. Indian Spirituality not only proclaims the powerful nature of such capabilities but has also elucidated well designed methods (Yoga etc) that basically cover spiritual practices (Sadhana). In reality this arena is very widespread. The mysterious subtle layers of the human body and the wondrous aspects of this gigantic cosmos stand before us with infinite aspects of research. The need of the hour today is to place it in front of world humanity using sound logic, precepts and scientific proof. Our Brahmavarchas Research Institute has taken up this great challenge and will prove the same after intense experimentation and research studies.

Keeping in mind the gigantic nature of our research target it becomes crystal clear that more and more scientific means, technology and gifted scientists from the world over are required. We sincerely hope that in every nook and corner of the globe this endeavor is taken up in a responsible manner. Based on the so far limited means available a huge laboratory has been set up. And yet the potential for it to become widespread is limitless. We are hoping that by and by it will become widespread.

The human physical body is made up of matter. Therefore its anatomy and physiological functioning can be easily understood using scientific apparatus, machines etc. More subtle than this is the mental layer. Its center encompasses the forehead right up to the base of the spinal cord. Within the field of Psychology the anatomy of the brain and the rise/fall of ones thinking are studied. Without doubt we can say that some very important findings have been unearthed after studying it scientifically. And yet we cannot conclude at this stage that it is the absolute truth and reality. This is because whatever has been understood by great scientists regarding the body and mind has been limited to its material/worldly aspect only. And therefore these findings (so far) can influence only man's worldly/external/gross life. One can say that their ultimate attainment encompasses nourishing good health in the physical body and balance of the mind.

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And yet the fount of the existence of consciousness is the ego or 'I' and it lies in a much deeper layer than the physical and mental layer of human existence. The focal point of a sound and balanced personality is this ego. The nature of man's inner life/personality is totally dependent on the ego's aspiration and beliefs. It is the root source or fount of man's life force. In spiritual parlance it is called Antahkarana or psyche. The psyche has an independent existence and its very own science. It is in this secret center that man's aspiration and beliefs either progress or get demeaned whatever the case may be. This subtle mysterious layer needs to be purified and nourished desirably in order that man attains true power and radiance. What we call will power and soul force actually manifests from this realm and it is from here that man attains genius like brilliance in various fields of life (Sport, Art, Music, Science, Mathematics etc). Divine glories too are said to emanate from here. If man's psyche is kept healthy and balanced external situations transform positively. This then is verily the nature of a healthy world society that exudes eternal peace and bliss. Before understanding the scientific basis of spiritual techniques its fundamental philosophy needs to be deeply imbibed.

Brahmavarchas has 2 aspects viz. philosophy or divine wisdom and the other is austerities (Sadhana) or Yoga based spiritual philosophy. Knowledge and actions come under theory and spiritual practices come under practical. It is this practical aspect that mainly helps us unearth priceless jewels of our psychic energy. The knowledge aspect is being studies from a philosophical viewpoint which is the soul of experimentation and research. Along with this the results of its practical nature (austerities etc) too is being analyzed deeply. Over and above spiritual practices the reactions of Hatha Yoga have been studied in a very minor way which encompasses the functions of bio-chemicals, hormones etc and man's life force. And yet so far an in depth study that is all-round in nature has not been conducted in this arena. By 'all-round' we mean such an analysis which gauges the purification and transformation of the body, mind and soul. We are definitely not deriding those scientific conclusions which encompass only gross functions and which encourage bodily might via Asanas (postures) etc. And nor are we deriding superficial mental exercises in the name of 'meditation'. Instead our humble endeavor revolves around imbuing omnipotence in these efforts which will aid an all encompassing transformation of man's personality. This will give him/her mental peace and at the world level the foundation of Neo Creation will be laid down firmly.

Those rock solid foundations of scientific research are required to be laid down for today's demeaned human society which will help manifest material/spiritual prosperity, world peace and brotherhood for ages to come. If this takes place divinity will dawn in humanity and heaven will descend on earth eternally. Doubtlessly this is not our wild figment of imagination and instead is a bare reality which will be witnessed by one and all in the next few decades to come.

What exactly is the wholesome influence if imbibing of spiritual practices in day to day living? In order to analyze this question those means are required that are used by modern well equipped research institutes in order to find cure for common and rare diseases. In the preliminary stage we have taken up the following spiritual methods: 1) Yoga practices 2) Yajna Science 3) Mantra Science. We are testing these 3 ancient healing methods on the basis of scientific research and experimentation. The means used are the priceless modern scientific apparatus set up in our laboratories. Majority of these are manufactured in India. Others are being imported from other nations. Air conditioned laboratories have been set up for these expensive equipments. Of course it will take some time for the laboratory to be set up fully. At the moment we have set up laboratories in such a way that the preliminary research work can commence without any hitches. Yoga practices, Yajna Science and Mantra Science are very

much interconnected. Hence there is no limitation to the utilization of scientific apparatus used in their research.

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Medical technical apparatus required for testing heart functions in the Cardiology Department have been set up. Heart ailments are akin to a curse resulting due to a fast paced modern lifestyle. Daily life tensions, irregular/unwholesome eating habits and lack of faith in God leads to heart ailments and death in many cases. Medical specialists are constantly trying to unearth the root cause of heart diseases. Is it cholesterol levels rising in blood vessels or is it hypertension? Many research papers have been published in this context. Industrial/corporate progress has augmented man's comforts and sense pleasures in a big way. But alas simultaneously heart ailments too have risen perilously. If sheer medicines were able to cure them it would be fair enough but medical specialists many a times dESP (Extra Sensory Power)air when after realizing that billions of dollars have been utilized for heart ailment research yet majority of the times death overtakes cures tried for this disease. They have set up Intensive Care Units that make use of extremely expensive medical apparatus and yet everything is not rosy as it seems. This is where Spiritual Sciences can take over and prescribe methods for cardiac disease cures. It can show world humanity a new direction and a new form of life. Their singular aim is to intensify aspirations/beliefs within the realm of Yoga practices, meditation techniques, devotional practices and thus make man's mind tension free. Gross cures wherein we try to decrease fat content in blood vessels or try symptomatic cures is merely an external form of trying to cure heart diseases. If anyone aspires for sound health it is imperative that he/she leads a balanced controlled lifestyle, makes one vision sacred and focused and harbors pure sentiments of well being of all world creatures. On the basis of this very principle Brahmavarchas has designed a wholesome form of Yoga practices and austerity based rituals.

The Electro Cardiogram (ECG) checks on how good/bad our heart condition is by measuring the heart beats, speed and electrical waves. It is made up of the Auto-recorder, Heart Rate Meter and Cardioscope. Our institute is equipped with Telemetry too wherein a spiritual aspirant without being aware is tested by a wireless set up. While a devotee undergoes spiritual exercises his/her various electrical changes along with their vibrations are measured and noted. If and when required they are recorded too. The area where spiritual practices are undergone is constructed in the Cardiology section itself. This has been done so that the effects of meditation, concentration, Mudras, Tratak and other spiritual practices carried out for a certain time span can be researched into. In the Cardiology Department of any hospital a patient is made to undergo certain bodily exercises and then an ECG is taken. This is done to find out whether he/she will be prone to heart diseases in future or not. Our research institute too has set up such facilities. At the moment (pre 1991 A.D.) with the help of a general exerciser an ETT is taken. We are making arrangements for a treadmill. A special point to be noted is

that that aspirants are taught to overcome possible heart diseases in future by performing Yoga techniques and Yajnas in a scientific manner. We are using various forest herbs in Yajnas so as to establish their usefulness in overcoming heart and other diseases. Further detailed discussions on this topic have been elucidated in the Yajna Therapy chapter of this e-book.

The Yogic Chakras (subtle plexus) are situated in man's subtle body. Yoga Sciences tell us the Ajna Chakra is situated in the heart region (bosom). Although western Science does not deal with spiritual illnesses, Spiritual Sciences certainly have done the needful. Even Western Medical Scientists accept that a person full of mental pressures and hypertension becomes a victim of heart related ailments. Thus the cure lies not merely in administering medication. Instead emphasis should be laid on making the psyche more potent and intensifying ones will power. The mode of atonements is a major aspect of spiritual psychic healing. A spiritual aspirant can gain good health via Satsang (association with saints) in an atmosphere of penance, scriptural studies, various Yoga techniques, Yajna therapy using various herbs and Mantra chanting. And yet all these wholesome effects cannot be seen by the naked eye or our gross eyesight.

Everyone is well versed with the great importance of Pranayam (Yoga breathing techniques). Medical specialists' slogan one can say is 'imbibe deep breathing'. And yet this advice has been given by Indian Spiritualists right since time immemorial. It is not possible to measure the effects of imbibing of Prana (Vital Force) which is a Yogic technique of breathing. And yet what we can measure is its gross reactions, extra capacity gained o function better by our lungs, the rise in the purification function of our blood, the added capacity to flush out toxins from the body and augmenting ones life force. For measuring all this we are using a Vitalograph, PH Meter and Blood Gas Analyzer. The Vitalograph graphically measures the capacity of lung based functions PH Meter analyzes our blood and Blood Gas Analyzer measures our oxygen, carbon-dioxide and bicarbonate levels. All these 3 instruments have been kept in the Pulmonary Department. Over here records are taken down regarding transformation of every air unit entering the body while inhaling/exhaling, analyses of gases present in the blood and the balance of acid/base contents.

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As a result of industrialization many new diseases have emerged in the past few decades. We can say it is a curse of modern lifestyle and culture. When we inhale poisonous air enters our blood stream. As a result our lungs cannot fully exhale venom (of diseases) that gathers in each cell of our body. In this

manner our life force slowly but surely gets extinguished and diseases get a free entry into our body. Via Yoga breathing techniques (Pranayam) our life force can be made powerful which in turn gives our bodily cells enough power to counteract germs, bacteria etc of various diseases.

The Pulmonary Research Department tries to prove how diseased lungs can regain good health via spiritual practices, Pranayam and forest herbs used in Yajna Therapy. The blood of those who live a life of eat, drink and be merry is basic and their breathing is very fast. As against this the basic nature of the blood of great Yogis is significantly less and their breathing is very slow and serene. It is because of this that Yogis manifest an aura of divine light called Ojas and Tejas. Our research goal is to prove the scientific basis of all such descriptions found in ancient texts.

Today the Basal Metabolic Rate (BMR) is measured using scientific apparatus. Initially via spiritual practices the metabolic functions of the body are made minimal. Thus the amount of energy used up by our body is decreased significantly and the remnant energy is utilized for apt mental and spiritual goals. Thus the BMR apparatus is used in our laboratory for this purpose.

Our research institute is definitely not established on the lines of a nursing home or a pathological lab that tests blood, urine, etc to pinpoint various diseases. This is because all arrangements made here for research studies has a more sacred and extraordinary purpose. Our Microbiology Chamber subtly examines scientifically the blood of each spiritual aspirant (Sadhak) and other bodily units like urine etc.

A very major question asked by modern scientific research is: The high rate of germs and toxins in the human body is caused by our life force diminishing or is it because their potential to attack the human body is on the rise alarmingly? Medical scientists are regularly inventing new antibiotics and vaccines to counter attack various ailments. And yet say for example a vaccine is found to counterattack Virus A the latter tends to mutate into a new form. Therefore the vaccine after a short bout of success is later rendered redundant. In other cases newer forms of germs, bacteria etc proliferate in the human body so

as to manifest a totally new illness. In addition to this newer forms of medicine simultaneously add more side effects in a patient's body. There was a time when sulpha and chloromycin were successfully used to counter certain illnesses. But today doctors accept that they have many side effects and hence hesitate to administer them. These medicines that have 'played around' with man's life force are slowly losing their effectiveness in the mind of laymen the world over.

What are the biochemical changes seen in the human body as a result of spiritual practices, Yajna therapy using forest herbs, Yajna ashes (Bhasma) etc? All this is recorded in the Biochemistry Laboratory using various apparatus and research techniques. The main apparatus used is a Calorimeter. For subtle analysis, microscopes of various magnification lenses are being used. These apparatus are used to find out the influence of Yajna fumes, forest herbs and Yajna remnants (ash, clarified butter etc) on bacteria, fungus etc that cause various diseases. From this we can find out whether the various organs of the body are augmenting their capacity to destroy disease based germs, bacteria or not. With the help of the Calorimeter the various bio-chemical components of the blood are analyzed. The total biochemical content of the human body can be recorded by analyzing its urea, sugar, cholesterol, enzyme and other contents. Five big rooms have been converted into a single air conditioned laboratory for this purpose.

Other reagents and parallel apparatus are being used to aid further research. They are chemical balance, autoclave, distillation set, water bath, hot air oven, isolation chamber, centrifuge and thermostatic hot plate. These are also used for other research studies in other labs. Thus these are the instruments in our institute and the goals vary.

Another lab has been set up to analyze the contents of Yajna fumes. Via Orset/Gramlorens Gas Analyzers and Gas Chromatography techniques various gases in the Yajna fumes are detected and measured. What are the gross and subtle differences between the ashes collected from Yajnas that used forest herbs and those Yajnas which used Samidha (wood)? What is the influence of these on various bacteria, toxins etc that cause diseases? This too is being deeply researched into by us.

What are the levels of herbs inhaled via Yajna fumes and those imbibed via the mouth and blood? To answer these questions we have taken recourse to Pharmacodynamic principles along with other testing methods.

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The periphery of research is gigantic and its potential unlimited. If all the tasks are taken up at one go it will be difficult to attain true fulfillment of research. Hence research directors have designed a compact plan wherein all the aspects of the 3 main pillars of spiritual healing will be covered one after another so as to put forth our results in the coming years. Within this the chief area of research is the analysis of hormones secreted by endocrine glands of our body. The findings of hormonal based research are quite minimal at the moment. Modern scientists have so far dealt with only the gross aspects of the hormonal structure and its functions. These miraculous glands are the authors of increase in bodily strength, good health of our genital organs and creation of a strong willed personality. Asans (postures of Yoga) are subtle exercises. Apart from this Yoga techniques like Mudras, Bandhas, Pranayam, concentration, meditation etc strongly influence hormones, glands and Naadis (subtle nerves). These secretions greatly influence man's psyche, intellect and body. These very secretions induce tenderness and emotions in the female gender. As against this secretions in the male body manifest bodily might and tough mindedness.

All spiritual practices, religious vows/rites and austerities are executed so as to neo create ones personality/character in a positive wholesome manner. Over here emphasis is not laid on augmenting bodily strength instead man's subtle energy potential is nurtured and nourished. Which center of the human anatomy manifests will power, Sankalpa Shakti or the power of resolve, great thinking and desire to carry out wholesome deeds? It is none other than the pineal and pituitary glands situated in the brain region. Latest research on the pineal gland has given us information about its muscular designing. In order that the stature of our consciousness maintains a high standard the levels of the hormone ceratonin secreted by the pineal gland too is high. For the advancement of our genitals ceratonin is known to influence the pituitary gland. Over here it is important to note that if the research focus in this realm is deepened further all the mysterious coverings of human consciousness can be unearthed. Yoga researchers correlate the Reticular Activating System to the Sahasrar Chakra (subtle plexus) of the brain. This area harbors limitless potential with reference to advancement of consciousness. We have faith that our research endeavor will successfully prove the scientific nature of Extrasensory Potential (ESP) and Divine Powers.

Radio Immunoassay techniques analyze minutely all the secretions of various organs of the body. We will use the same to prove how spiritual practices, religious vows/rites, austerities, Yajna Therapy and Mantra Chanting activate these secretions in a desirable manner. These in turn activate Ojas, Tejas, Varchas and all such divine potentials/powers in the human body.

Mantra Science has definitely thrown a challenge at modern scientists. Since the Adam's Age it has been depicted as some chanting rite to ward off ghosts etc. And yet the truth is that Shabda Brahman or the Divine Word has unlimited potential. It is on this basis that the mould of spirituality has been cast. Everyone accepts the deep import of music, musical notes (Swar Lahiris), Naad Brahman (Divine Sound) etc. It has been proved that music deepens our mental focus and concentrates it aptly. On the other hand noise makes man irritable and induces stress and tension in his/her psyche. The Sound war wherein Russia attacked Canada with infra radiations is well known. Medical science by using sound science to cure various human ailments has indeed revolutionized the field of medical research and cure.

Ancient Rishis opine that sounds chanted with Samveda notes influences various mysterious layers of the body in a desirable manner. This in turn activates hormones subtle nerve networks (Naadis) and brain region. This principle is being scientifically experimented upon using an Oscilloscope which by measuring sound vibrations finds out how it influences various bodily organs and their functions. This research is also aided by the Polygraph. It is a multi channel instrument which measures brain electrical waves, subtle nerve flows, blood transport, eye ball movements etc. The EMG apparatus measures muscular movements and electrical waves. EMG is a part of Polygraph. It measures the influence of spiritual practices like meditation, Yajna therapy, Mantra chanting etc on our brain, nerve network, blood circulation and other subtle centers of the body. It has been imported from abroad. We will install it in a sound proof AC lab where research is being conducted on Sound Wave Therapy.

Psychological Research is conducted in our Psychometry Lab. Spirituality means sacred Psychology. Modern day Psychologists have so far dealt with only the upper layers of the human psyche. As against this Spiritual Psychology describes the psyche in totality and has elucidated the path of neo creation of ones personality. Over here we are studying the psychological make up of all spiritual seekers and patients suffering from mental diseases. Their reactions, behavior, intellectual capacity etc is being studied minutely. The apparatus used is scientific but the nature of research is spiritual. This Psychiatric Lab has been set up to study the influence of blessings, atonements, religious rites, austerities,

endurance, vows, fasts, Brahmacharya (sexual continence for spiritual uplifting) and Yoga practices on the advancement of man's inner personality.

In the vast garden area of the Brahmavarchas Research Institute those herbs are grown which are used in Yajna Therapy based research projects. Visitors from other parts of India and all corners of the world can come and have a look at all those rare forest herbs actually grown by us which so far were merely heard of by them or read in books. Studies on plants and bio-chemicals are being studies in our lab. This involves exposing various plants to Yajna fumes, energy, atmosphere and energy that manifests when collective Mantra Chanting is executed. A Botanical Lab has been set up to study plant oriented diseases and effects of Yajna techniques on germs that inflict diseases on plants too are being scientifically studied. On the terrace area of our institute a glass house has been constructed along with a green house. This has been done so as to create a total scientific atmosphere for research studies.

The Electromyogram measures the electrical influence on muscles when in a relaxed state. The Solar Heater is a symbol of the material prowess of Savita Goddess. Scientists have made use of solar energy in various ways (working of machines etc). Today with the fear of oil depleting the only alternative source of material energy is solar energy. Indian Spirituality has all along discussed the spiritual might of the sun. In the Gayatri Mantra a prayer is made to Savita Goddess beseeching Her to give an intellect with sacred inspiration. For Savita based spiritual practices a separate hall has been set up. Our Institute is setting up a Solar Battery Charger, Cooker, Heater and an Air Conditioning Plant on the terrace to gauge the material potency of Savita (Sun). Our Institute's aim can be labeled as amazing simply because we are researching into both the material and spiritual prowess of the radiant sun.

At the main entrance of our Institute an exotic exhibition room has been set up. Over here well trained volunteers explain to our revered visitors the various research activities undertaken by the Institute trough the medium of photographs and technology. This miniature form of our gigantic laboratory and research institute leaves an indelible mark in the psyche of our visitors which would inspire them to join in our sacred mission.

Our research institute has taken up a very sacred task of deep import wherein both materialism and spiritualism are dealt with on an equal footing. We humbly invite great intellectuals, scientists, philosophers, thinkers etc from all corners of the globe to visit our institute and contribute in our research endeavor. With our limited means we have commenced our humble effort wherein we wish that a point of confluence is reached between the precepts of great Rishis of yore and today's gigantic progress made by modern scientific research. Thus such a compact path can be laid down for today's demeaned state of world humanity wherein society is neo created, all round advancement rules the roost and that the foundation stone of eternal peace and bliss is laid down for world well being. We request scientists the world over to try and understand the all encompassing nature of our research target. In this manner they too can mould their research likewise and thus help world humanity avail the great utility aspects of ancient spiritual tenets which so far have been looked down upon in disdain simply because its scientific basis has not been put forth in an appropriate manner. Subtle benefits that can be experienced are so cosmic in nature that an ordinary layman can attain extraordinary greatness. There was a time in Indian History when it was akin to a gold mine of great saints and Sidhas and was known to be preceptors (Gurus) of the entire world. Hence our research endeavor is aimed at rejuvenating that ancient glory in a befitting manner. No doubt the future is full of hope and every profound thinker of this world can experience it.

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